Edgar Filing: Gabriel Sharon M. - Form 4

Gabriel Share	on M.											
Form 4												
March 15, 20	19											
FORM	4										PPROVAL	
	UNITEL) STATES				D EXC D.C. 205		NGE (COMMISSION	OMB Number:	3235-0287	
subject to					GES IN BENEFICIAL OWNERSHIP OF SECURITIES						Expires: January 31 2005 Estimated average burden hours per	
Form 4 or Form 5 obligation may conti <i>See</i> Instru- 1(b).	Filed pu s Section 17	(a) of the		ility Ho	oldii	ng Com	pany	Act o	ge Act of 1934, if 1935 or Sectio 40	response		
(Print or Type R	esponses)											
Gabriel Sharon M. Symbol				er Name and Ticker or Trading N HARBORS INC [CLH]				-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Month/				ate of Earliest Transaction onth/Day/Year) 13/2019					Director 10% Owner XOfficer (give title Other (specify below) below) EVP/CIO (CHESI)			
				nendment, Date Original onth/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NORWELL,	MA 02061								Form filed by M Person	More than One R	eporting	
(City)	(State)	(Zip)	Table	e I - Non-	-Der	rivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	r) Executionary	emed on Date, if /Day/Year)	Code (Instr. 8	etion 3)	4. Securit Acquired Disposed (Instr. 3, Amount	l (A) o l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock (1)	03/13/2019			D		369	D	\$0	11,482	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

Reporting Owners

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Under Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addr	ess	Relationships								
	Director	10% Owner	Officer	Other						
Gabriel Sharon M. 42 LONGWATER DRIVE NORWELL, MA 02061			EVP/CIO (CHESI)							
Signatures										
Sharon M. Gabriel	03/15/2019									
<u>**</u> Signature of Reporting Person	Date									

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Forfeiture of shares of restricted stock due to Company's failure to achieve goals under Company's Long Term Equity Incentive Program

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.